

# CEDAR PARK RECREATION CENTER



Location: Town Center at 1435 Main Street. (512) 401-5516. This 47,500 sq. ft. state-of-the-art facility houses two full court gymnasiums, cardio/weight workout areas, group exercise rooms, meeting rooms, game room, babysitting room, arts and crafts room, and an elevated walking/jogging track. Activities are offered year-round for children and adults. See class listings on the next page. You can register for activities on-line at [www.cpparks.net](http://www.cpparks.net). Facility rentals can be made in person at the Rec. Center. Resident rate will require proof of residence such as a utility bill.

## HOURS OF OPERATION

**Monday-Thursday**  
5:00 AM - 10:00 PM

**Friday**  
5:00 AM - 9:00 PM

**Saturday**  
8:00 AM - 8:00 PM

**Sunday**  
1:00 PM - 6:00 PM

## RENTAL RATES

### Rental fees per hour during business hours

Facility	Sq. Ft.	Resident	Non-Res	Deposit
Community Room (1/3 room)	1010	\$35	\$70	\$100
Gymnasium 1/2 court	2100	\$50	\$75	\$100
Kitchen	210	\$10	\$15	\$100
Craft Room	280	\$15	\$30	\$50

### After hour rental fees per hour

Gymnasium (1 full court)	4200	\$150	\$200	\$100
Gymnasium (2 full courts)	8400	\$225	\$275	\$100
Community Room (1/3 room)	1010	\$60	\$90	\$100
Kitchen	210	\$15	\$20	\$100

## Multi Purpose, Community Rooms, and Craft Room

Great for meetings, receptions, baby and bridal showers, birthday parties, conferences, workshops, art shows, recitals, graduations and more... Alcohol is prohibited in this facility.

**\*OUR MULTI-PURPOSE AND CRAFT ROOMS ARE ALSO AVAILABLE TO RENT; PLEASE INQUIRE AT (512) 401-5500. RESTRICTIONS MAY APPLY.**

## RECREATION CENTER MEMBERSHIP FEES

Length of Membership	Family		Individual		Seniors (60+)		Youth		Couple		Senior Couple	
	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res
Annual	\$240.00	\$360.00	\$120.00	\$240.00	\$60.00	\$120.00	\$60.00	\$120.00	\$200.00	\$300.00	\$110.00	\$220.00
Quarter	\$70.00	\$95.00	\$35.00	\$70.00	\$20.00	\$35.00	\$20.00	\$35.00	\$55.00	\$80.00	\$30.00	\$65.00
Month	\$25.00	\$35.00	\$15.00	\$25.00	\$10.00	\$15.00	\$10.00	\$15.00	\$20.00	\$30.00	\$15.00	\$25.00
Day			\$5.00	\$10.00	\$5.00	\$10.00	\$5.00	\$10.00				



## PERSONAL TRAINING

Customized training with a certified personal trainer for individuals, groups, and seniors.

## TEEN & ADULT FIT (Instructional)

Learn equipment safety, proper gym etiquette and get the latest workout strategies. This instructional is taught by personal trainers.

## YOGA (Regular Yoga, Gentle Flow Yoga, Chair Yoga & Meditation Workshop)

Yoga is a form of exercise with focus on breath and relaxation. All ages and levels are invited. Yoga is a great way to improve your posture, range of motion and functional strength. \*One free class per person is permissible\*. **Adult Yoga** is offered Mon/Wed at 6:45 pm, **Gentle Flow Yoga** is offered Tues/Thurs at 10:30 am **Chair Yoga** is offered Mon/Wed at 1:30 pm, **Beginner Yoga** is offered Sun at 5:00 pm.

## Tai Chi

A beginning class where you will learn to practice a modified "hand form" stemming from Yang Chengfu featuring slow, fluid movements along with breath control. Tai Chi is offered Tues/Thurs at 11:40 am

## ZUMBA

The Zumba program fuses Latin rhythms and easy-to-follow moves that create a one-of-a-kind fitness program that will blow you away! Zumba classes are one hour long. \*One free class per person is permissible\*. **Zumba**-Mon/Wed 8 pm, **Zumba**-Tues/Thurs 8:30 pm, **Zumba Toning/Insanity**-Tues/Thurs 5:30 pm **Zumba**-Saturdays 12 pm

## KINDERDANCE

The original nationwide dance, motor development, gymnastics, and fitness program that combines academic readiness skills which are specifically designed for boys and girls ages 2-5.

**Kindertots** (2), **Kinderdance** (3-5), **Kindergym** (3-5). Classes are Saturdays; times vary.

## JAZZERCISE

Each 60 minute workout is a fusion of dance and muscle toning movements choreographed to today's hottest music. Classes are Mon-Sun. Classes are Mon 8:15 am, 9:15 am, 4:25 pm, 5:30 pm; Wed. 8:15 am, 4:25 pm, 5:30 pm; Tues/Thur. 7:15 am, 8:15 am, 9:15 am, 4:25pm, 6:35 pm; Fri. 8:15 am, 9:15 am, 4:25 pm, 5:20 pm; Sat. 8:15 am; Sun. 3:30 pm.

## LINE DANCING

Free Line Dancing class every Monday 12 pm-1 pm.



*For information on registering for the above classes, please call the Recreation Center at 512-401-5516. All class dates and times are subject to change.*